Digital Boundary Setup System

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Create digital boundaries that protect attention while maintaining necessary communication.

What this guide covers

- Inventory devices and recurring interruptions.
- Set communication windows and expectations.
- Agree on urgent-contact options and review the plan.

Who this is for

For individuals and teams adjusting communication habits.

Putting the ideas to use

Choose one setting or response-time expectation to test.

Book details

Format: Guide. Pages: 15. Words: 1015.

Download availability: After payment, download the complete ZIP package or the included PDF separately.